



# inspired Inspirations

## Tiny Tablet Table Exercise & Movement Planner

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early AM	Cycling tour (using pedals) group or individual activity	Seated exercises via YouTube or Apps	Hand exercises via YouTube or Apps – ideal for those from bed	Full body exercises via YouTube or Apps	Seated exercises via YouTube or Apps	Breathing exercises via YouTube or Apps	Yoga for the elderly
Mid AM	Hand/foot massages to aid blood flow along to music.	Fun App based games while standing.	Piano Morning (perfect Piano, Learn to Play section)	Hand/foot massages to aid blood flow along to music.	Free hand drawing apps, writing names, letters and numbers	App based mobility exercise to improve movement and stretching. Jigsaws & Painting by Numbers	Reaction based app games, winner stays on EG Air Hockey
Early PM	App based mobility exercise to improve movement and stretching. Jigsaws & Painting by Numbers	Reaction based app games, winner stays on EG Air Hockey	App based mobility exercise to improve movement and stretching. Jigsaws & Painting by Numbers	Reaction based app games, winner stays on EG Air Hockey	Fun App based games while standing.	Word searches	Hand/foot massages to aid blood flow along to music.
Evening	Painting by Numbers evening with calming music	Dance Night, with a play list put together by residents	Free hand drawing apps, writing names, letters and numbers	Painting by Numbers evening with calming music	Upbeat Dance Night, with a play list put together by residents	Classical Dance Night, with a play list put together by residents	Piano evening (perfect Piano, Learn to Play section)
Night Time	Any activities to calm or relax restless residents, or those who cant sleep, in particular breathing exercise and focused deep breathing.						

[www.inspired-inspirations.com](http://www.inspired-inspirations.com)

[info@inspired-inspirations.com](mailto:info@inspired-inspirations.com)